

1. An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction.

2. An exercise platform as recited in claim 1, wherein said hub moves by flexing to enable said board to tilt in any direction.

3. An exercise platform as recited in claim 1, wherein said hub moves laterally to enable said board to tilt in any direction.

35. A dynamic platform as recited in claim 34, wherein a central position of said board remains unchanged while one of said one or more abutment member sets is selectively aligned with said top abutment member set.

36. A dynamic platform as recited in claim 34, further comprising one or more handles coupled to said board for modifying the unstable surface of the dynamic platform.

36 27.

An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise;

a hub, wherein a first end of said hub is coupled to said base and a second end of said hub is coupled to said board, and wherein said hub is flexible to thereby enable said board to tilt in any direction; and

a handle coupled to the board, wherein said handle is stretchable and coupled to a peripheral portion of the board, such that the use of the handle increases the tilting of the board.

A